

Ginger Beer

Making the bug

- Grate a small bit of ginger into a jar, add some sugar and water and stir.
- Each day add a bit more ginger and a bit more sugar and jiggle a bit. Do this until the ginger bug is bubbling.

Making up the beer

- Make a decoction. A decoction is like a very strong infusion or tea, good for getting flavours from tough plants, roots or barks. For the ginger beer, decide on the amount you want (3 bottles full, 5 l etc) and fill a pan with half this amount of water. Add in grated or sliced ginger to the pot and bring to the boil. We use about 6 inches of ginger per 2l of water in the pan. But you could make it less strong or add more!
- Cover and bring pan to the boil and simmer for about 15 minutes.
- Strain (discard lumps of ginger) decoction into a vessel (crock, bucket etc) and add in sugar, about 2 cups for 2l of decoction. Stir to dissolve.
- Top up the vessel with cold water to reach the desired volume (the 3 bottles/5l or whatever was decided earlier!). Leave to cool to body temperature and then add in bug, stir.
- Cover with a cloth and leave to ferment. Stir from time to time and check for bubbles (could take a few hours or a few days).
- Once it's good and bubbly it can be bottled. Leave it a few days longer, and bottle when the bubbling begins to slow down, if you'd like it more alcoholic. Once in bottles the beer will become more fizzy, this will slow down once in the fridge (but won't stop!). Test for fizzyness by bottling some in a plastic bottle and giving it a gentle squeeze every so often. Drink within a couple of weeks (and keep aware for bottles getting too pressurised!).

Resources

The original instructions are at...

<http://grist.org/author/sandor-katz/>